



## Free Your Body w/Yoga

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Yoga can help you to connect with your inner self



by Devahardeep Singh | Dharma Seeds Yoga Press | 30 May 2023

### **Yoga can help you to connect with your inner self**

# **Yoga and Self-Understanding**

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing exercises, and meditation or relaxation.

Yoga is a great way to improve your physical and mental health. It can help you to reduce stress, improve your flexibility, and increase your strength. Yoga can also help you to develop healthy mental and emotional boundaries.



photographer: **dimaberkut**

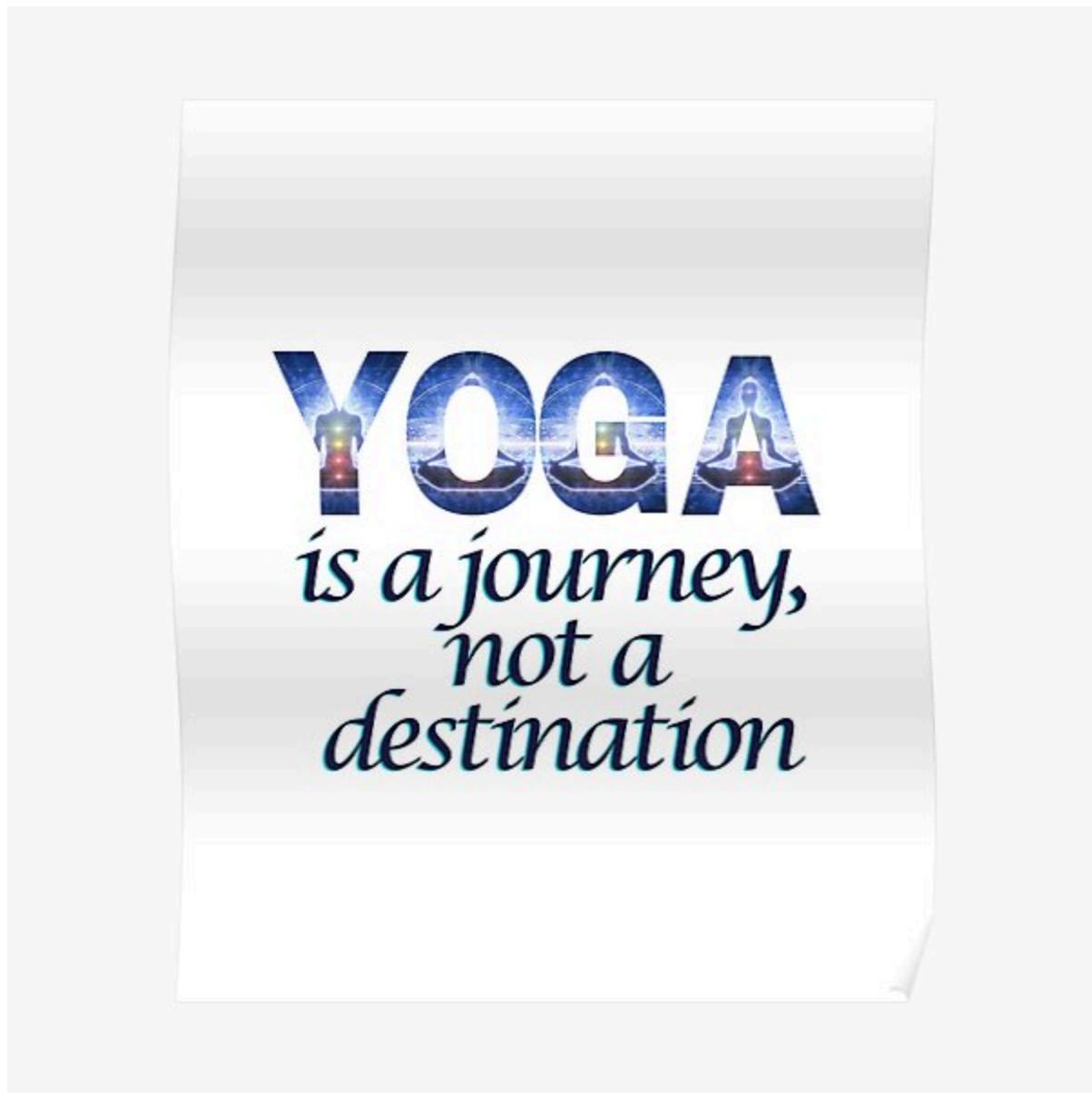
Press photographer, based in Porto, Portugal

In addition to these benefits, yoga can also assist in going deeper in understanding of self. This is because yoga can help you to become more aware of your body, your thoughts, and your emotions. When you are more aware of yourself, you are better able to understand your own needs and desires. This can lead to a greater sense of self-acceptance and self-love.

# There are many different ways that yoga can help you to go deeper in understanding of self. Here are a few examples:

- **Physical postures:** The physical postures of yoga can help you to become more aware of your body and its limitations. When you are able to see your body clearly, you are better able to accept it for what it is.
- **Breathing exercises:** The breathing exercises of yoga can help you to calm your mind and relax your body. When you are calm and relaxed, you are better able to focus on your thoughts and emotions.
- **Meditation:** Meditation is a great way to quiet your mind and focus on the present moment. When you are able to focus on the present moment, you are better able to see yourself clearly.

**Yoga is a journey, not a destination.** It is a lifelong process of learning and growing. If you are interested in going deeper in understanding of self, I encourage you to try yoga. There are many different styles of yoga, so you can find one that is right for you. And, if you are new to yoga, I recommend finding a qualified instructor who can help you learn the poses and the breathing exercises.



**Here are some specific ways that yoga can help you to go deeper in understanding of self:**

- **Yoga can help you to become more aware of your body.** When you practice yoga, you pay attention to your body in a way that you may not have done before. You notice how your body feels in different poses, and you become aware of any areas of tension or tightness. This increased awareness of your body can help you to understand how your body feels in different emotional states. For example, you may notice that you tend to

hold tension in your shoulders when you are feeling stressed. This awareness can help you to release tension and relax your body.

- **Yoga can help you to become more aware of your thoughts.** As you practice yoga, you may notice that your mind wanders. This is perfectly normal. When your mind wanders, simply bring your attention back to your breath. Over time, you will become better at noticing your thoughts and letting them go. This increased awareness of your thoughts can help you to understand your thought patterns and how they affect your emotions. For example, you may notice that you tend to have negative thoughts about yourself when you are feeling stressed. This awareness can help you to challenge these negative thoughts and replace them with more positive ones.
- **Yoga can help you to become more aware of your emotions.** As you practice yoga, you may become more aware of your emotions. You may notice that you feel different emotions in different poses. This increased awareness of your emotions can help you to understand how your emotions affect your body and your thoughts. For example, you may notice that you feel more relaxed in certain poses and more energized in others. This awareness can help you to choose poses that are right for your emotional state.

**Overall, yoga can be a powerful tool for going deeper in understanding of self.** If you are interested in exploring this practice, I encourage you to find a qualified instructor and start your journey today.

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## Pre-Caution

While engaging in any **yoga activities, always remember:**

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed.**

- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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**There are many yoga poses that can help you to become more self-aware. Here are a few examples:**

- **Child's pose:** Child's pose is a great way to relax and release tension. It is also a good pose for connecting with your breath. To do child's pose, start on your hands and knees. Then, bring your hips back to your heels and rest your forehead on the ground. Relax your arms by your sides and let your breath flow naturally.



<https://www.verywellfit.com/childs-pose-balasana-3567066>

- **Corpse pose:** Corpse pose is a great way to rest and rejuvenate. It is also a good pose for practicing mindfulness. To do corpse pose, lie on your back with your legs extended and your arms at your sides. Close your eyes and

focus on your breath. Notice the sensations in your body and let go of any thoughts or worries.



<https://www.verywellfit.com/corpse-pose-savasana-3567112>

- **Downward-facing dog:** Downward-facing dog is a great pose for opening the chest and shoulders. It is also a good pose for strengthening the arms and legs. To do downward-facing dog, start on your hands and knees. Then, straighten your legs and lift your hips up to the sky. Keep your back straight and your shoulders down. Hold for a few breaths and then slowly lower back down to your hands and knees.



<https://www.yogajournal.com/poses/downward-facing-dog/>

- **Warrior pose:** Warrior pose is a great pose for building strength and balance. It is also a good pose for developing focus and concentration. To do warrior pose, start standing with your feet hip-width apart. Then, step forward with one leg and bend your front knee until it is at a 90-degree angle. Keep your back leg straight and your hips square. Hold for a few breaths and then repeat on the other side.



<https://www.artofliving.org/us-en/yoga/poses/yoga-warrior-pose>

- **Bridge pose:** Bridge pose is a great pose for strengthening the back and hips. It is also a good pose for releasing tension in the lower back. To do bridge pose, lie on your back with your knees bent and your feet flat on the ground. Place your hands on your hips and lift your hips up off the ground until your body forms a straight line from your shoulders to your knees. Hold for a few breaths and then slowly lower back down to the ground.



<https://www.masterclass.com/articles/bridge-pose-yoga-guide>

These are just a few examples of yoga poses that can help you to become more self-aware. There are many other poses that can be beneficial, so it is important to find poses that work for you and your body. If you are new to yoga, it is a good idea to start with beginner poses and gradually work your way up to more challenging poses. It is also important to find a qualified yoga instructor who can help you learn the poses safely and effectively.

# Here are 10 affirmations on how yoga helps connect to the inner self:

1. I am worthy of love and respect.
2. I am capable of great things.
3. I am enough just the way I am.
4. I am safe and loved.
5. I am connected to the universe.
6. I am open to receiving guidance.
7. I am grateful for all that I have.
8. I am patient with myself.
9. I am kind to myself.
10. I am loving towards myself.

Repeating these affirmations can help you to connect with your inner self and to develop a more positive and loving relationship with yourself. You can also try writing these affirmations down and putting them in places where you will see them often, such as on your bathroom mirror or on your refrigerator.

# Here are some additional tips for using yoga to connect with your inner self:

- **Pay attention to your body.** When you are practicing yoga, pay attention to your body in a way that you may not have done before. You notice how your body feels in different poses, and you become aware of any areas of tension or tightness. This increased awareness of your body can help you to understand how your body feels in different emotional states. For example, you may notice that you tend to hold tension in your shoulders when you are feeling stressed. This awareness can help you to release tension and relax your body.
- **Pay attention to your breath.** The breath is a powerful tool for connecting with the inner self. When you pay attention to your breath, you are able to

quiet your mind and focus on the present moment. This can help you to see yourself clearly and to connect with your true self.

- **Be patient.** Connecting with your inner self takes time and practice. Don't get discouraged if you don't get it right away. Just keep practicing, and eventually you will get better at it.

Connecting with your inner self is a journey, not a destination. It is a lifelong process of learning and growing. If you are interested in connecting with your inner self, I encourage you to try yoga. There are many different styles of yoga, so you can find one that is right for you. And, if you are new to yoga, I recommend finding a qualified instructor who can help you learn the poses and the breathing exercises.

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## Research

there are a number of scientific articles that have been published on the benefits of yoga for connecting with the inner self. Here are a few examples:

- [A study published in the Journal of Alternative and Complementary Medicine in 2011 found that yoga can help to improve self-awareness and mindfulness.](#) The study involved 50 participants who were randomly assigned to either a yoga group or a control group. The yoga group participated in a 12-week yoga program, while the control group did not participate in any yoga. At the end of the study, the yoga group showed significant improvements in self-awareness and mindfulness, as measured by a number of standardized questionnaires.



### Journal of Alternative and Complementary Medicine

- A study published in the journal PLOS One in 2014 found that yoga can help to improve self-compassion. The study involved 100 participants who were randomly assigned to either a yoga group or a control group. The yoga group participated in a 12-week yoga program, while the control group did not participate in any yoga. At the end of the study, the yoga group showed significant improvements in self-compassion, as measured by a number of standardized questionnaires.



[https://en.wikipedia.org/wiki/PLOS\\_One](https://en.wikipedia.org/wiki/PLOS_One)

- A study published in the journal Mindfulness in 2017 found that yoga can help to improve emotional regulation. The study involved 50 participants who were randomly assigned to either a yoga group or a control group. The yoga group participated in a 12-week yoga program, while the control group did not participate in any yoga. At the end of the study, the yoga group showed significant improvements in emotional regulation, as measured by a number of standardized questionnaires.



<https://www.mindful.org/meditation/mindfulness-getting-started/>

These are just a few examples of the scientific research that has been conducted on the benefits of yoga for connecting with the inner self. The research suggests that yoga can be an effective way to improve self-awareness, mindfulness, self-compassion, and emotional regulation. If you are interested in learning more about the benefits of yoga for connecting with the inner self, I encourage you to speak with a qualified yoga instructor or to do some additional research on the topic.

Yoga can help you to connect with your inner self and how it can affect your mental health:

## **Yoga and Mental Health**

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## How Yoga Can Affect Your Mental Health

Yoga has been shown to have a number of benefits for mental health, including:

- **Reduced stress:** Yoga can help to reduce stress by promoting relaxation and reducing muscle tension.
- **Improved mood:** Yoga can help to improve mood by increasing levels of serotonin and dopamine, which are neurotransmitters that play a role in mood regulation.

- **Reduced anxiety:** Yoga can help to reduce anxiety by promoting relaxation and reducing muscle tension.
- **Improved sleep:** Yoga can help to improve sleep by promoting relaxation and reducing muscle tension.
- **Increased self-esteem:** Yoga can help to increase self-esteem by promoting a sense of control and mastery over the body and by increasing awareness of one's own strengths and weaknesses.

## How to Get Started with Yoga

If you are interested in trying yoga, there are a few things you can do to get started:

- **Find a qualified instructor:** It is important to find a qualified instructor who can teach you the poses and breathing exercises safely and effectively.
- **Start with a beginner class:** If you are new to yoga, it is a good idea to start with a beginner class. This will give you a chance to learn the basics of yoga without feeling overwhelmed.
- **Practice regularly:** The more you practice yoga, the more benefits you will experience. Aim to practice yoga at least 3-4 times per week.
- **Listen to your body:** It is important to listen to your body and not push yourself too hard. If you are feeling pain, stop the pose and rest.

**Yoga is a great way to improve your physical and mental health.** If you are interested in trying yoga, I encourage you to find a qualified instructor and start practicing today.

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## Resources

# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

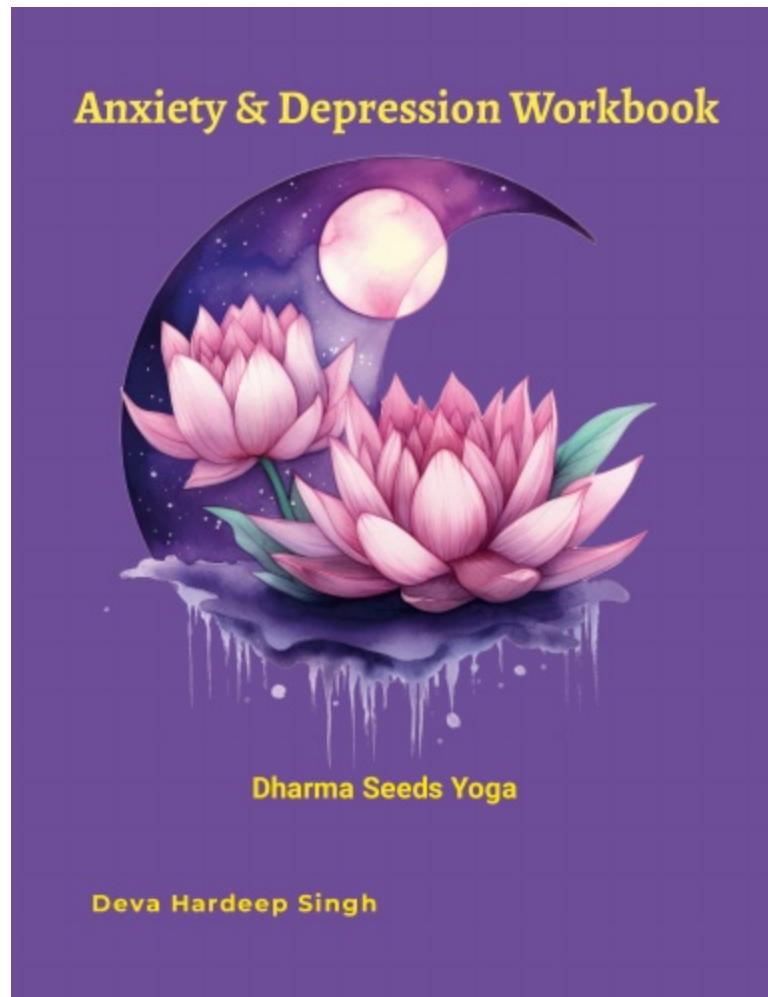
Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

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**Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury)** is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series Reservation Dogs, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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